

WHAT IS CLAIMED IS:

Sub a1 1. A portable sacral support comprising a main body having a bottom, a central portion and adjacent side portions,

said main body further including a rear surface comprising a plurality of spaced apart ramp and recessed areas that collectively provide compressive support at the central portion of the main body that is focused upon the sacrum and lesser compression in a release area located adjacent each side of that central portion that applies less force on muscles adjacent the sacrum.

2. The sacral support of claim 1 wherein the main body is formed from a molded plastic.

3. The sacral support of claim 2 wherein said main body is an integral one piece structure.

4. The sacral support of claim 1 wherein, the compressive support of said central portion is variable.

Sub a2 5. The sacral support of claim 1 wherein said central portion includes a recess and said support further includes one or more inserts of varying levels of compressibility that can fit into said recess and which is additive to the compressibility of said central portion when positioned within said recess.

6. The sacral support of claim 1 further including a spacer member that interfits with said main body to provide an extension thereof so that sacral support can be provided where more space must be accommodated.

7. The sacral support of claim 6 wherein the compressive support of said central portion is variable.

8. The sacral support of claim 6 wherein said central portion includes a rearwardly facing recess and said spacer includes an insert member that interfits within said recess.

9. The sacral support of claim 8 wherein said spacer further includes a second recess in alignment with said central portion, and said support further includes one or more additional inserts of varying levels of compressibility that can fit into said second recess and which is additive to the compressibility of said central portion when such an additional insert is positioned within said second recess.

10. The sacral support as in claim 5 wherein said inserts have an inverted tear drop shape.

11. The sacral support as in claim 5 wherein said inserts have a ramp member positioned adjacent a bottom portion.

12. The sacral support of claim 5 wherein said inserts have density values ranging from about 2lb./cu. ft. to about 30 lb./cu.ft.

13. The sacral support of claim 5 wherein said inserts have density values ranging from about 10 lb./ cu. ft. to about 25 lb./cu.ft.

1³ 14. The sacral support of claim 1 further including at least one tether extending away from at least a portion of said bottom.

✓ 15. The sacral support of claim 1 further including end portions that include at least one thickened area.

✓ 16. The sacral support of claim 1 further including end portions that extend beyond said central portion and provide additional support and aid in forming said release area.

17. The sacral support of claim 16 wherein a flex gate is provided adjacent said bottom between said central portion and each of said end portions.

N 18. The sacral support of claim 17 wherein said flex gate is at least in part unconnected to said main body.

19. The sacral support of claim 1 further including a plurality of dimples spaced across at least a portion of a front surface of said main body.

20. The sacral support of claim 1 further including a plurality of through holes extending through at least portions of said main body.

21. The sacral support of claim 1 wherein said central portion further includes a shaped and raised area on a front surface of said main body.

22. The sacral support of claim 21 wherein said shaped and raised area includes a protruding lower portion.

23. The sacral support of claim 1 wherein said bottom has a rear portion that is angled with respect to a front portion.

24. The sacral support of claim 1 wherein said main body includes a curved front surface.

25. The sacral support as in claim 2 wherein said plastic comprises polyurethane foam.

26. The sacral support of claim 25 wherein the polyurethane foam is a self-skinning foam.

27. The sacral support of claim 5 wherein the central portion has a compressibility level that produces from about 2 psi to about 4 psi on the sacrum of the support user.

28. A portable sacrum support comprising a main body provided with at least a central portion including a recess therein and at least one insert removably placed within said recess.

29. A portable sacrum support as in claim 28 wherein said support provides a force of about 2 psi to about 4 psi on the sacrum of the support user.

30. A portable sacrum support as in claim 28 further including a plurality of insert members each having a different density value.

31. A portable sacrum support as in claim 30 wherein at least one of said plurality of insert members has a plurality of density values.

32. A portable sacral support comprising a main body having a bottom, a central portion and end portions, said main body having first, second and third compression areas, said first compression area being centrally positioned to provide controlled force against a support user's sacrum, said second compression area having less compression than said first compression area and being positioned on each side of said first compression area and said third having a compression between that of said first and second compression areas.

33. A portable sacrum support as in claim 32 wherein said sacral support provides a force of about 2 psi to about 4 psi on the sacrum of the support user.